

Edward Hines Jr. VA Hospital

# HINES HERO

*Serving with Pride*

July/August 2014

Official Newsletter of the Edward Hines Jr. VA Hospital

Vol. 1, Issue 7





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## The Hero

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# COMMENTARY

## VA Tools Help Veterans, Servicemenbers Transiiton



We're working hard to provide Veterans with the tools to help them reach their full potential. It's easier than ever before for Veterans and returning Service members to get help finding a job and transition to civilian life. I know firsthand that when Veterans connect to competitive employment opportunities they succeed and achieve.

VA recently enhanced the GI Bill® website, by adding new tools to help beneficiaries learn more about job choices and skill-building opportunities. Three new apps — the GI Bill Comparison tool, the online Factors to Consider When Choosing a School guide and the CareerScope tool — are designed to work together so beneficiaries can make the most of their education benefits. We're also looking at tools better suited for 21st century families. Spouses are integral when it comes to financial prosperity of the family. The flexibility of the GI Bill reflects modern day realities of dual working families. We're seeing more and more Veterans career-plan with their spouse on the best ways to jointly use the GI Bill.

Jobseekers who want additional assistance can check out VA's Education and Career Counseling program for personalized support to define their career path and help them most effectively use their VA benefits. Critical questions regarding personal budget, local labor market conditions and skill gaps of the

individual seeking to enter civilian employment need to be asked well before transition. Veterans and their spouses are in the driver's seat of their future, but they are not alone. VA and the Department of Labor offer resources like the Veterans Employment Center and the American Job Centers, just a few of the tools available to transitioning Servicemembers, Veterans and family members.

VA is also redoubling its efforts on behalf of Veterans with service-connected disabilities through its Vocational Rehabilitation and Employment program. This program helps service-disabled Veterans obtain job training, find jobs or start their own businesses, and it provides independent living services to help them overcome barriers to work situations.

These are just a few of the ways VA is helping Veterans and returning Servicemembers get to work. For more information, visit our Veteran Employment Center available on the eBenefits portal.

*Rosye Cloud*

Senior Advisor for Veteran Employment  
Veterans Benefits Administration Office of  
Economic Opportunity



### On the cover:

Edward Hines, Jr. VA Hospital volunteer Shawn Blackwell (center) assists Navy Veteran Terry Scroggins (left) during an appointment at the Hines Sleep Clinic.  
(Photo by Dan DuVerney, Hines Media Service)



# THE NEW HINES OPERATING ROOM



A new operating room, recovery room and prep recovery area officially opened at Edward Hines, Jr. VA Hospital on July 22. The newly-renovated space features state-of-the-art technology, larger room sizes, increased privacy features, and an aesthetically-pleasing design.

Photography: Daniel DuVerney / Hines Media Service

## Electronic Record Program Coming to Hines

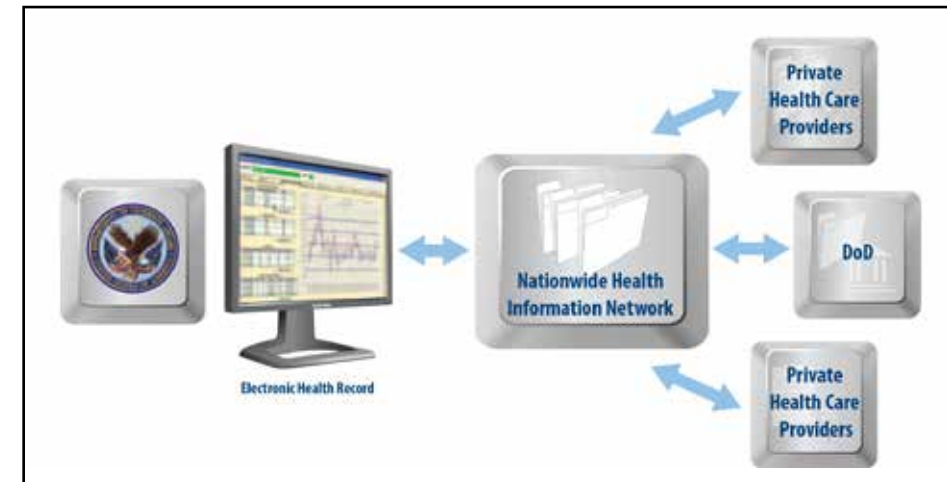
By Charity Hardison  
Hines VAH Public Affairs

The Virtual Lifetime Electronic Record (VLER) Health program is coming to Edward Hines Jr. VA Hospital, and Veteran registration has already begun.

The goal of the VLER Health program

is to improve the quality of care our Veterans receive by ensuring VA clinicians have electronic access to real-time, non-VA health information. Access to this information supports care coordination among Veterans' VA and non-VA health care givers.

*What is VLER Health?*



The Department of Veterans Affairs (VA) VLER Health program allows for the electronic sharing of Veteran health information between VA, other federal partners (e.g., Department of Defense), and participating non-VA health care givers. This is done securely over the internet using the eHealth Exchange.

This program is free and voluntary for Veterans. A signed authorization (VA form 10-0485) is required before VA can share Veteran information with non-VA health care givers through VLER Health.

There are many areas of health information shared between VA and participating non-VA health care givers. Shared Veteran patient's health information includes: allergies, medications, immunizations, lab tests, and discharge summaries, to name a few. This shared information provides a more complete picture of health and wellness. Sharing this information

**SEE "VLER" ON PAGE 17**

## Once Homeless, Veteran Now Works for VA

By Tom Cramer  
VA Staff Writer

Not too many homeless Veterans have masters' degrees in theology and public administration. But then again, 53-year-old James Mobley isn't your average guy.

"The last time I was in prison, I decided to get a master in theology because my spirit was broken," he explained. "I studied theology because I wanted to heal my spirit."

Mobley appears to be the kind of guy whose spirit shines brilliantly for a time but then, like a meteor streaking through the night sky, dissolves abruptly into darkness. "I've spent a total of 16 years in prison," he said. "It's kind of been up and down for me."

In between three different stints in prison, all of them in New York, Mobley was busy furthering his education and holding good jobs in the social services field, primarily helping people struggling with drug or alcohol addiction.

"I liked being a counselor," he said. "I like helping people. Up in New York, I was employed with a place that helped runaways. I was working with kids who were 14 to 21-years-old. I became a father figure to a lot of them. I started there as a



Formerly homeless Veteran James Mobley (left) works full-time at the same VA domiciliary in Dublin, Ga., where he spent nearly a year in recovery. (Photo by Greg Swars, Dublin)

case manager, then worked my way up to supervisor."

"After three years on that job I relapsed and started drinking again," he said. "I ended up back in jail."

"My wife, who was down in Georgia, kept telling me to come down there," he said. "She said it would change my life. So three years ago I moved to Georgia. I got a job at the Transition House, working with homeless Veterans. I worked there for two

years, but then I started drinking heavily again. I got a DUI."

But this time around, Mobley somehow avoided jail time. Desperate and homeless, he found his way to the VA medical center in Dublin, Ga.

"They put me in their homeless program at the domiciliary," he said. "When I first got there I was reluctant to stay. And if it wasn't for my social worker, Kimberly,

**SEE "VA JOB" ON PAGE 11**



**Congratulations!**

**Years of Service  
Recognition  
for  
Federal  
Employees**

**10 Years**

ADAMS, LOIS, MEDICINE  
ANASTASI, MICHELE, PATH & LAB MEDICINE  
BARILLAS, VICTORIA, RESEARCH  
BARKSDALE, YOLONDA, NURSING  
BARNES, DONALD, POLICE  
BEDFORD, THURMAN, NUTRITION & FOOD  
BLAKEMORE, CHINA, NURSING  
BLAKEMORE, JUANDA, NUTRITION & FOOD  
BROCK, EDWARD, LOGISTICS  
BUCKHANA, KIMBERLY, CANTEEN  
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CAPULONG, CYNTHIA, NURSING  
CARDENAS, IRIS, NURSING  
CARLSON, CARRIE, PATH & LAB MEDICINE  
CELESTINO, ALAN, PBM  
COFFELT, LORA, NURSING  
COLEMAN, EVELYN, FISCAL  
CONNOR, LEVELL, EMS  
CONWAY, BETTY, PAS  
CUNNINGHAM, CURTIS, PAS  
DAVID, ANTHONY SALCEDO, NURSING  
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DERENZO, DAVID, OFFICE OF DIRECTOR  
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ELLENA, JOSEPH, POLICE  
ERICKSON, CHRISTINE, MEDICINE  
FELDMANN, COURTNEY, PATH & LAB MEDICINE  
FLOYD, OTIS, NUTRITION & FOOD  
FOX, EDWARD, OI&T  
FRANZ, DENNIS, OI&T  
FREEMAN, FELICIA, NURSING  
GENTALLAN-BELTRAN, HEIDI, SURGERY  
GERACI, MARK, PBM  
GILLESPIE, KIM, NURSING  
HAMMER, MATTHEW, POLICE  
HARALAMPOPOULOS, JOANNE, MEDICINE  
HARRIS, BERNICE, NURSING  
HASIAKOS, PETER, DENTAL  
HERGENROEDER, MARIE, PAS  
HILL, GERALD, NUTRITION & FOOD  
HINDMAN, NICHOLAS, POLICE  
HOAGLAND, THOMAS, PATH & LAB MEDICINE  
HOCHEVAR, ANGELICA, PATH & LAB MEDICINE  
HOLANDES, JR., RUBEN, INFORMATICS  
HOSKINS, JENNIFER, PAS  
HUNTER, CHRISTINA, PHARMACY  
JACKSON, JONATHON, OI&T

JONES, CYNTHIA, NURSING  
JONES, EDWARD, FMS  
JONES, KAREN, NURSING  
JONES, RODNEY, EMS  
KELLY, JASON, POLICE  
KNIGHT, SARINA, NURSING  
KOCAL, JEFFREY, OI&T  
KOPYTKO, EDWIN, NURSING  
KRZEMINSKI, ELIZABETH, NURSING  
KUMAR, SUNITA, MEDICINE  
LAM, HUEDI, PHARMACY  
LANGE, DAVID, FMS  
LENT, CHRISTINE, NURSING  
LIM, ERLINDA, NURSING  
LIWANAG, MARIO, NURSING  
LORD, GARY, NUTRITION & FOOD  
LUNA, VIVIAN, NURSING  
MARTIN, SIOBHAN, NUTRITION & FOOD  
MARTINEZ, DEBRA, NURSING  
MATTOX, TIFFANY, FISCAL  
MCBRIDE, CATHERINE, NURSING  
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METZ, ROBIN, NURSING  
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MILLER, TODD, OI&T  
MILLER-DYKSHORN, JERRI, PATH & LAB MEDICINE  
MOLODECKI, JENNIFER, REHABILITATION  
NEUHAUSER, MELINDA, PBM  
NUNEZ, JACKIE, NURSING  
OOMMEN, ROSAMMA VAZHAYIL, NURSING  
PADILLA, JOSEPH, NURSING  
PANGANIBAN, MA TERESA, NURSING  
PARDO, ROMMEL, INFORMATICS  
PATEL, HETAL, PBM  
PAWLIKOWSKI, SCOTT, MEDICINE  
PETERS, KRYSTAL, NURSING  
PETRELLA, MARY, MEDICINE  
PORREVECCHIO, LAUREN, PATH & LAB MEDICINE  
PRESTOZA, MERRIAM ESPEDIDO, NURSING  
RAHMAN, MOHAMED, MEDICINE  
RICHARDSON, MICHAEL, SCI  
ROBERTS, M.D., BRUCE, MENTAL HEALTH  
ROBERTS, NATHANIEL, PHARMACY  
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SALES, MARISCELLE, PBM  
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SCOTT, SHEILA LYNN, PHARMACY  
SHAH, M.D., RAJUL, PATH & LAB MEDICINE  
SHAH, SHALIA, FISCAL  
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SINGLETON, JOHN JOSEPH, NURSING  
SOWA, LINDA, FISCAL  
SROKA, JOHN, NURSING  
SZUM, PAUL, OFFICE OF DIRECTOR  
TANG, XIAOYIN, RESEARCH  
TEHRANI, RODNEY, MEDICINE  
TOLIVER, BRENTON, OI&T  
TORRES, LAWRENCE, PATH & LAB MEDICINE  
ULINSKI, CHRISTINE, REHABILITATION  
VACHAPARAMBIL, RESSY, NURSING  
WHICKUM-WILLIAMS, FRANKIE, EMS  
WILLIAMS, LAURA, PATH & LAB MEDICINE  
WRIGHT, GLORIA, LOGISTICS  
YERKES, SAMANTHA, PATH & LAB MEDICINE  
YU, MANUEL, NURSING

**15 Years**

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BRANCHEAU, CHARLES, REHABILITATION  
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GLASSFORD, EDWARD, EMS  
GOYAL, RAJENDRA, PHARMACY  
HARMS, KATHLEEN, REHABILITATION  
HARRIS, JOHN, POLICE  
HARRIS, RICHARD, NURSING  
HICKS, LESLIE, NURSING  
JONES, EDWARD, FMS  
KHACHIKIAN, DEBORAH, PBM  
KHANNA, ANURADHA, SURGERY  
KOMPERDA, MAUREEN, MEDICINE  
KROEGER, SCOTT, NURSING  
KRONENBERGER, PAUL, SCI  
LONGFIELD, JENNIFER, NUTRITION & FOOD  
MICHALOVIC, LINDA, RADIOLOGY  
MOORE, JAMES, POLICE  
MOSHER, DONALD, OI&T  
NECZEK, JOSEPH, REHABILITATION  
PETERSEN, ROBERT, MENTAL HEALTH  
PETRELLA, MARY, MEDICINE  
PICKENS, EDGAR LEE, NURSING  
REIMAN, PATRICIA, PAS  
REYNERTSON, M.D., SANDRA, MEDICINE  
ROBERTS-LAIRD, PATRICIA, MENTAL HEALTH  
ROCKWOOD, HENRY, PAS  
RODRIGUEZ, JENNIFER, FISCAL  
SIDNEY, LUE, CANTEEN  
STROUPE, KEVIN, RESEARCH  
THOMAS, KITTY, NURSING  
WELCH, ORJORETTE, NURSING  
WILLIAMS, MAURICE, OI&T  
WILSON, ALBERT, OI&T  
WRIGHT, GLORIA, LOGISTICS

**20 Years**

AICHELE, KURT, FMS  
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BARNETT, TAMMY, RESEARCH  
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BEDNAR, M.D., MICHAEL, SURGERY  
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CALICA, EMELITA, OFFICE OF DIRECTOR  
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CLARK, KAREN, FISCAL  
COLE, JOHN, EMS  
DUNCAN, MARIA, PATH & LAB MEDICINE  
ENGEL, KARLA, NURSING  
FIANDACA, CINDI, RESEARCH  
FRAZIER, EILEEN, NUTRITION & FOOD  
FRIEDMAN, NICHOLAS, RADIOLOGY  
GALLICCHIO, ELIZABETH, MENTAL HEALTH  
GARCIA, MARIA, PATH & LAB MEDICINE

GILLIGAN, JAMES, READJUSTMENT COUNSELING  
GREEN, VICKY, FISCAL  
GUIHAN, MARYLOU, RESEARCH  
HARPER, ALAN, RADIOLOGY  
HARRISON, MARY, REHABILITATION  
HEARD, MICHAEL, FISCAL  
HINTZKE, CARRIE, NUTRITION & FOOD  
HOLLANDER, MARK, FISCAL  
KENNEDY-GRUBER, SUSAN, NURSING  
KIDD, LAWRENCE, NUTRITION & FOOD  
KURTH, DAVID, FMS  
LEVANDOVSKY, ZINAIDA, MEDICINE  
LIM, JOHN, MENTAL HEALTH  
MABRITO, CRISTINE, MENTAL HEALTH  
MCKINSEY, CASSANDRA, EMS  
MOINUDDIN, KHALID, OI&T  
MORALES, DOLORES, RADIOLOGY  
PADEN, RUBY, RADIOLOGY  
PATIL, SHOBHA, REHABILITATION  
RINGELSTEIN, JOSEPH, RADIOLOGY  
ROTTA, JOHN, OI&T  
RUSSO, SHARON, FMS  
SCHOENBERGER, BARBARA, PAS  
SETECKA, THOMAS, FISCAL  
SEVERE, VALERIE, OI&T  
SIEMIANOWSKI, EDITH, PATH & LAB MEDICINE  
SIMONTON, THOMAS, OI&T  
SPADONI, STACEY, PATH & LAB MEDICINE  
SPARKS, PAMELA, EMS  
STAMENKOVICH, DEBORAH, NUTRITION & FOOD  
STYLES, RONDA, OI&T  
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VALMORES, ROY, NURSING  
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WELCH, ORJORETTE, NURSING  
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WRIGHT, ELLA, EMS  
WRIGHT, GLORIA, LOGISTICS  
YANG, RICHARD, PATH & LAB MEDICINE  
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**25 Years**

AICHELE, KURT, FMS  
AICHELE, SANDY, REHABILITATION  
ALVARADO-GARCIA, NORA, OI&T  
BAXTER, WILLIAM, MENTAL HEALTH  
BERRY, SARAH, PAS  
BIEDRZYCKI, JOHN, PAS  
BORJA, EDDIE, POLICE  
BOURGUIGNON, CECILE, SURGERY  
BREZINA, DOUGLAS, OI&T  
BROWN-VANELIS, WANDA, PAS  
COOPER, CHERYL, NUTRITION & FOOD  
COYLE, CHRISTOPHER, FMS  
DAY, MAE, NURSING  
DE PINTO, M.D., DONALD, MEDICINE  
DEAN, DEBORAH, REHABILITATION  
EDDINS, VERLENE, MEDICINE  
EDWARDS, III, LONNIE, MEDICINE  
EVANS, ROBERT, COS

HENSON, BERTHA, NURSING  
HOFFMAN, HOLLY, RADIOLOGY  
HOUHA-OLSEN, LISA, PATH & LAB MEDICINE  
INVERGO, JOSEPH, REHABILITATION  
JACONETTY, JACALYN, NURSING  
JOHNSON, ROSEMARY, NURSING  
KARTJE, GWENDOLYN, NEUROLOGY  
KENNON, TERRENCE, SURGERY  
LEVY, BENJAMIN, POLICE  
MABRITO, CRISTINE, MENTAL HEALTH  
MABRITO, MICHELLE, FISCAL  
MACKEY, MICHAEL, POLICE  
MALINA, DARYL, MEDICINE  
MASSEY, MARY, PATH & LAB  
MILES, CHARLES, NUTRITION & FOOD  
MUNSON, MARY, NUTRITION & FODO  
MURPHY, CHERYL, PATH & LAB MEDICINE  
ORLAND, RALPH, MENTAL HEALTH  
POWELL, DENISE, NUTRITION & FOOD  
REED, BRIAN, REGIONAL COUNSEL  
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SELE, AUBERY, NUTRITION & FOOD  
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WELLS, GAIL, INFORMATICS  
WERNER, ANN, MEDICINE  
WILLIAMS-GAMBLE, ADREAN, NURSING  
WOODEN, ROOSEVELT, EMS  
WRIGHT, DEBRA, NUTRITION & FOOD  
WRIGHT, ELLA, EMS  
YOUNG, ESTRELLITA, NURSING  
YOUNG, RITA, OFFICE OF DIRECTOR

**30 Years**

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AYINDE, ANIMASHAUN OLU, NURSING  
BANFIELD-ROSS, ROSALIND, RADIOLOGY  
BAXTER, WILLIAM, MENTAL HEALTH  
BEDFORD, DENISE, NUTRITION & FOOD  
BICKHEM, FRANCES, NURSING  
BOLDEN, DEBORA, FISCAL  
CARTER, CONSTANCE, NUTRITION & FOOD  
COLLINS, BRIDGET, REHABILITATION  
DATES, GERALD, EMS  
GILKEY, KELVIN, NUTRITION & FOOD  
HARDEN, ANDREA, OI&T  
HUTTER, JANET, PATH & LAB MEDICINE  
HUTTON, STELLA, REHABILITATION  
JESSEN, JILL, NURSING  
JONES, CORNELIA, MEDICINE  
KOBAL, THOMAS, LOGISTICS  
O'CONNOR, FRANCINE, NURSING  
OSTROWSKI, DENISE, OFFICE OF DIRECTOR  
PEGUES, SANDRA, NUTRITION & FOOD  
PIERCE, EILEEN, OFFICE OF DIRECTOR

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REMICK, ROBERT, LOGISTICS  
SCHWEMIN, DONNA, PATH & LAB MEDICINE  
SIELOFF, DEBORAH, PATH & LAB MEDICINE  
STREETT, CATHY, PATH & LAB MEDICINE  
TULLY, MARIANNE, NURSING  
WEBER, THERESA, PATH & LAB MEDICINE  
WELLS, GAIL, INFORMATICS  
WILLIAMS, DORRIE, MEDICINE  
WRAY, DONNA, PATH & LAB MEDICINE  
YOUNG BEY, EMMA, MEDICAL IMAGING  
YOUNG, FRANK, EMS  
YOUNG, RITA, OFFICE OF DIRECTOR

**35 Years**

BAILEY, JOHN, POLICE  
CARLSON, JOSEPH, CANTEEN  
CHRYSLER, EDWARD, OI&T  
COUGHLIN, MICHAEL, MEDICINE  
DURCZAK, CAROL, RESEARCH  
FREEMAN, DENNIS, NUTRITION & FOOD  
GRIEVE, LAURA, NUTRITION & FOOD  
HAMMARBERG, JUDY, NURSING  
HAVENS, OLIVER, PBM  
HOWARD-WILLIAMS, DAWN, OI&T  
JONES, JACQUELINE, EMS  
KIRK, M. KATHLEEN, EDUCATION  
LOFTHOUSE, WILLIAM, REHAB  
MILLER, TIMOTHY, MENTAL HEALTH  
SAGE, RONALD, SURGERY  
STIGMAN-EDWARDS, NANCY INFORMATICS

**40 Years**

BAGNIEWSKI, DEBRA, OFFICE OF DIRECTOR  
HAYNES, CHARLES, PAS  
JEFFERSON-DAVIS, CHERYL, EDUCATION  
MORALES, JUANITA, OFFICE OF DIRECTOR







The U.S. Army, U.S. Navy, U.S. Marine Corps, U.S. Air Force and U.S. Coast Guard flags are flown on the Edward Hines, Jr. VA Hospital campus near the entrance of the main hospital lobby. (Photo by Dan DuVerney, Hines Media Service)



## WORD ON THE STREET

*In which branch of service did you serve, and when?*



U.S. Army from 1967-1968.

-Joe Stamps  
Veteran



U.S. Navy from 1985-2011.

-Kimberly Hinsley  
Veteran



Currently serving in a medical support unit in the U. S. Army Reserve.

-Estella Brown  
Nursing Service



U.S. Air Force from 1966-1970.

-John Monaghan  
Veteran



U.S. Marine Corps from 1990-1994.

-Janine Grako  
Emergency Management



U.S. Army 101st Airborne from 1967-1969.

-Jerome Mathews  
Veteran



U.S. Coast Guard from 1976 - 1983.

-Jeffrey Clouser  
Veteran



U.S. Air Force from 1972-1984.

-D'Andrea Adams  
Safety

## Hines Back in the Day



Switchboard Operators (Hines VAH Photo Archives)

## Important Summer Reminder: Sunglasses Protect Your Eyes

by Hans Petersen  
VA Staff Writer

Veterans — If you are out in the sunlight in the summer time, you should wear sunglasses with ultraviolet protection. Ultraviolet radiation from the sun's rays can potentially cause skin cancer and affect your overall health. It can also be damaging to your eyes and potentially harm your vision.

According to Dr. Kelly Thomann, Chief of the Optometry Program at Hudson Valley Health Care System, "Long-term UV radiation exposure puts you at a greater risk of developing ocular conditions such as cataracts and macular degeneration. In fact, people with any ocular disease should be especially cautious about protecting themselves from the sun."

Dr. Thomann notes that while most elderly people will eventually develop cataracts, most individuals are not aware that increased UV radiation can result in cataracts developing earlier. It's UV Safety Month

Good quality sunglasses are recommended when outdoors, even if it's for a

few minutes at a time. The sunglass frame should be wide and adequately cover the eyes and fragile tissue around the eyes including the eyelids.

Dr. Thomann reminds her Veteran patients that the fragile tissue around the eyelids can develop melanoma from UV radiation — another reason to wear quality sunglasses whenever you are out in the sun.

A hat with a brim is also beneficial to block out those sun rays coming in over the top of your sunglasses.

Ask for UV-A and UV-B Protection

As Dr. Becky Forman points out, "When purchasing sunglasses, it is important to make sure there is both UV-A and UV-B protection, as both types contribute to dermatological and ocular disease."

Dr. Forman is a Staff Optometrist at VA Hudson Valley.

She adds that "It is important to understand that lens darkness does not correlate with the amount of UV protection, which is the key factor in adequate sun protection. Polarized sunglasses may be beneficial in patients who experience glare."

SEE "SUNGLASSES ON PAGE 17

## ORGANIZATIONAL HEALTH COMMITTEE

The goal of the Organizational Health Committee is to become the Employer of Choice by:

- Expanding the pool of qualified candidates who value the same philosophy of Veteran centered care
- Providing employees the resources to perform their jobs in an excellent environment
- Investing in employee development and employee recognition in a cost effective manner



## Hines Employee Fest!

August 12th

10:30 a.m. – 1:00 p.m.

Tommy's Field  
(in front of Bldg 2)

Come out and enjoy the food and entertainment, relax and enjoy some good company!



# HINES "MONTH IN REVIEW" PHOTOS



Guests attended the CLC Readiness Fair on Aug 6. The fair included fun and educational activities, and informational booths.



Hines Barber Dontonio Wells cut the hair of Army Veteran Wayne Blackmore in the Hines Barber Shop Aug. 6. The Barber Shop hours are 9 a.m. – 3 p.m., Monday through Friday.



Laura Lytle, a physical therapist at the Kankakee CBOC, earned a medal and Certificate of Meritorious Service and Loyal Cooperation from the American Legion on July 24 for her faithful service to the Veterans of Kankakee County.



Hines Veteran Will Armstrong and his wife Shirley renewed their wedding vows in the Hines chapel on July 7 on their seventh wedding anniversary.



Army Veteran Debra Jeffries (left), Coast Guard Veteran Jeffery Clouser (center), and Navy Veteran Kimberly Hinsley assisted Veterans at the My HealtheVet kiosk on Aug. 6.



Hines VAH Director Joan Ricard (left) accepted a Battle of Bulge Map for display at Hines from Mr. Larry Hoots (right) on July 14.



Hines Veterans celebrated their success in the MOVE program on July 22.



**Join our 3rd Annual My HealtheVet Day Celebration**

**Wednesday, Aug 27, 2014  
Bldg 1, F-Lobby  
10am-2pm**

- \* Free Give-A-Ways
- \* Popcorn
- \* Entertainment
- \* eBenefits
- \* Sign up for My HealtheVet
- \* And more...

**For More Information: Contact Chanda Johnson - 708-202-5633**

**3<sup>RD</sup> ANNUAL**

# **OPERATION: DO ASK, DO TELL**

**KEEPING VETERANS AND SERVICE MEMBERS HEALTHY**

A symposium for lesbian, gay, bisexual and transgender Veterans, Active Duty Service Members, families, friends and health care providers focusing on health needs and resources. Learn about VA services, LGBT health care, the impact of "Don't Ask, Don't Tell" on Service Members, and benefits available to LGBT Veterans.

**Date: Saturday, October 4, 2014**  
**Time: Registration 8:30am – 3:30pm**

**Location: Edward Hines, Jr. VA Hospital  
Auditorium (Bld. 9)  
5000 S. 5<sup>th</sup> Ave.  
Hines, Illinois**

**To register for this free event, contact  
Lorry Luscri, 708-202-8387x21228 or lorry.luscri@va.gov or  
Mandi Evanson, 708-202-7875 or mandi.evanson@va.gov**

**HINES**  
**Farmer's Market**

Every Thursday through September 11th! **7 a.m. - 1 p.m.**  
in the courtyard in front of Buildings 12 & 13!

## **"VA JOB" CONTINUED FROM PAGE 3**

I probably would have left. She was the person who kept me there."

A Little Hope

"James did all the work; he worked hard at staying here," said Kimberly Kralicky. "All I did was offer him support and hope."

"When he first arrived here I could see he had potential," said Dawn Kentish, domiciliary chief at the Dublin VA. "He was sort of all over the place at first...there were so many things that needed to be addressed."

With the help of Kralicky, Kentish, and others like them, a down-and-out Mobley dug deep and found the strength to stick with his treatment program. "When he hit 30 days of sobriety, he was so happy," Kentish said. "And we were happy for him. We celebrated that achievement with him."

"I spent nine months in the homeless program here," Mobley said. "That's where I learned I was suffering from PTSD, and that my PTSD had a lot to do with my depression. I never knew that before."

Full Time Social Worker

As part of his recovery process, Mobley began doing some volunteer work at the hospital. In addition to his volunteer work, he's now employed full-time as a social services aide at the same domiciliary where he spent nearly a year in recovery.

"I have a wonderful team around me," he added, "and I listen to them. They helped me help myself. These are the people I can go to. I can talk to all of them and not feel judged."

Perhaps the person who's been on Mobley's team the longest is his wife, Cherrietta. Despite the bumpy rollercoaster ride, the two are now together again, recently reunited. "We've been together 35 years," Mobley said.

"We grew up together in New York. She stuck with me through all of it. That's my tough cookie."

"Yeah, I'm a tough cookie," Cherrietta said. "I stuck with him. I've known him forever, so underneath, I know he's a real good man. He just needed somebody to love him, someone to tell him everything's gonna be alright."

To learn more about VA's efforts to end Veteran homelessness, visit [www.va.gov/homeless](http://www.va.gov/homeless)

For more information on how VA is helping Veterans with PTSD, visit [www.ptsd.va.gov](http://www.ptsd.va.gov)

**POST TRAUMATIC  
STRESS DISORDER**  
**SOME WOUNDS AREN'T VISIBLE**

# **EMPLOYEE SPOTLIGHT!**

## **Welcome to Hines!**

Craig Addison, Nursing  
Renee Alpern, Research  
Aida Amador, Nursing  
Jyoti Bhayani, Rehabilitation  
Lionel Cage, PAS  
Adrianna Chauncey, Medicine  
Malik Davis, Nursing  
Rosa De La Cotera, Nursing  
Walter Donegan, EMS  
Dinesh Doshi, Medicine  
Sabrina Foster, Director's Office  
Ray Fuclan, Nursing  
Arturo Garcia, Imaging  
Tracey Garcia, Neurology  
Michael Ghee, HR  
Amit Goyal, Medicine  
Cathy Helgason, Neurology  
Shunquanna Johnson, Nursing  
Jessica Jones, Canteen  
Marlon Jose, Nursing  
Adam Kaber, Surgery

Nidhi Kansal, Medicine  
Jacalyn Kettner, PAS  
Usman Khan, Medicine  
Patricia Knisley, Nutrition & Food  
Adam Kouns, Medicine  
Anthony McDonald, Nutrition & Food  
Komesha Mezler, PAS  
Anissa Morales, Canteen  
Bridget O'Sullivan, Nursing  
Jaiona Parker, Director's Office  
Parit Patel, Surgery  
Pevalin Pepino-Ong, Nursing  
Janet Reyes, HR  
Linda Sheffield, PAS  
Charles Spanbauer, Research  
Kristen Tobin-Vealey, Medicine  
Beverly Wall, Canteen  
Anthony Williams, Nursing  
Nicole Williams, Nursing  
Tony Wormley, PAS  
Lucas ZumBrunnen, OI&T

## **Farewell Retirees!**

Carol Gouty, Director's Office  
Robert Jankowski, FMS

Harry Maranowicz, Path & Lab Med  
Valerie Severe, IRM

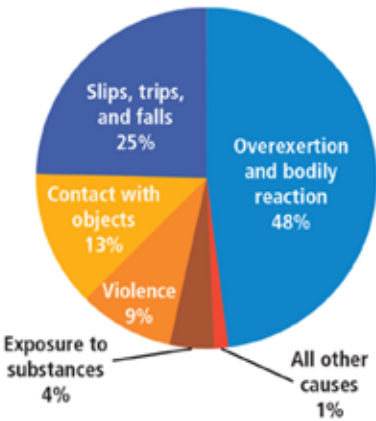


# Hines Safety Spotlight: The Heartbeat of Workplace & Patient Safety

## Most injuries result from a few well-known hazards.

How are caregivers getting hurt? The Bureau of Labor Statistics collects detailed data on injuries resulting in days away from work, which reveal the major causes and effects.

### Top Five Causes of Injury Among Hospital Workers

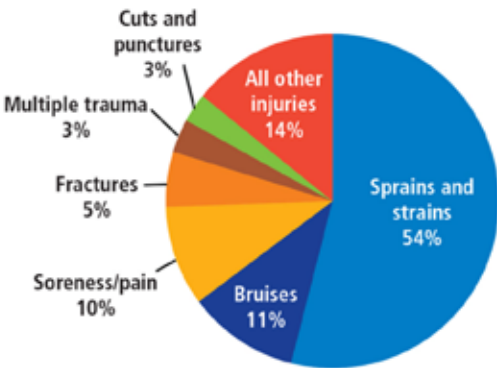


Data source: Bureau of Labor Statistics, 2011 data

Nearly half (48 percent) of injuries resulting in days away from work are caused by overexertion or bodily reaction, which includes motions such as lifting, bending, or reaching. These motions often relate to patient handling.<sup>1</sup>

Sprains and strains account for 54 percent of injuries that result in days away from work.<sup>1</sup> Strains also account for the largest share of workers' compensation claim costs for hospitals.<sup>2</sup> In 2011, U.S. hospitals reported 16,680 cases in which workers missed work due to a musculoskeletal injury associated with patient interactions.<sup>1</sup> Nurses and nursing assistants each accounted for a substantial share of the total. Because most musculoskeletal injuries in the hospital setting are cumulative, any steps to minimize risks during patient handling tasks will offer substantial benefits for hospital caregivers.

### Hospital Injuries Resulting in Days Away from Work, by Type



Data source: Bureau of Labor Statistics, 2011 data



### Risks on the rise

#### Aging workforce:

With age, healthcare workers statistically become more vulnerable to infections and musculoskeletal injuries.

#### Obesity:

Larger patients pose new challenges for safe handling.

### Safer workplaces mean safer care

- Caregiver fatigue, injury, and stress are tied to a higher risk of medication errors and patient infections.<sup>3</sup>
- Caregivers and patients face many related hazards. For example, manual lifting can cause caregiver injury and also put patients at risk of falls, fractures, bruises, and skin tears. Fear or reluctance to move patients can lead to pressure ulcers.
- Strategies to improve patient safety and employee safety can go hand-in-hand—from high reliability management systems to specific steps like reducing slippery floors.

If you see a near miss/unsafe situation, please report it via the:



Workplace  
Accident  
Prevention Report



Patient Event  
Reporting  
System

# Veteran Boxer Says Fighting is His Meditation

By George Decker, Public Affairs  
Officer and Vicky Bippart, Producer/  
Director

VA National Center for PTSD

Although it may sound a little strange at first, these days Joe Duarte finds serenity in combat, as a mixed martial arts fighter. “When I’m in the ring, I’m in complete control of my life,” he said. “It’s when I’m at my peace. It’s my sanctuary. Fighting is my meditation.”

Combat was a different experience for Joe in Iraq, though, where he spent two tours of duty and lost a close friend during a convoy patrol. “My life was at risk all the time,” he recalled. “All of us guys in the Army experienced these horrible situations that nobody would ever experience. It changes your life completely. It changes human beings, period. The anger is so overwhelming that it becomes uncontrollable to the point where you end up doing things that you feel you blacked out.”

After he came home from Iraq, Joe’s anger would sometimes boil into rage. “Like, I’ve beat up people, I followed someone to their house, I’ve pulled a gun out,” he said. “I’ve chased somebody down on the main freeway, on the 805. I followed a guy that almost hit me into a stop light and kicked the side of his door in. I didn’t even stop to think. But I felt good hurting other people because I was hurting so bad inside that taking it out on somebody else actually made me feel good.”

When Joe’s anger started to threaten his marriage, he finally decided—reluctantly—that it was time to get help.

“With my wife, I’d get angry over really, really miniscule stuff,” he said. “And she would be, like, ‘This is why you need to go get help.’ And where I’m from, saying I need to go get help is like someone slapping you in the face, you know? I fought with her every single time. And I knew something was wrong with me, I just didn’t want to accept it.”

Joe was diagnosed with PTSD and finally went to VA for treatment. It turned his life around.

“When I go home now, it’s completely different from the way I used to be because I’m so much more free mentally,” he said. “I struggle sometimes, you know, get aggravated sometimes. I have the tools now to deal with those issues, and that’s

the difference. And now, when I’m happy and I’m sitting at home with my family, it makes me grateful that I went to therapy because I wouldn’t have been able to enjoy those times, you know?”

“And I think with me sucking my pride up and being able to get therapy really showed what kind of champion I am. Not the belt that I have around my waist, but that I was able to help myself so that I live the rest of my life as a happier man. And I’m still getting better, you know, that’s the great part about it, is that I can still get better.”

For more information on PTSD and ways to raise awareness of this mental health problem, visit the National Center for PTSD website.



# TEAM HINES





# WHAT'S NEW IN CONSTRUCTION?

## Completed Projects

### PROJECT

Renovate operating room

### COMPLETION DATE

July 2014

## Current Projects

### PROJECT

Renovate hospital front entrance

North Parking Lot B and SCI Parking Lot repaving

Construct E85 filling station

Renovate PAS and Emergency Preparedness, Building 1

### ESTIMATED COMPLETION DATE

Winter 2014

Fall 2014

August 2014

July 2015

## Upcoming Projects

### PROJECT

Repair and insulate Building 200 exterior (Façade replacement)

### ESTIMATED START DATE

December 2014

# Where's the Hines Mobile Medical Unit?

### Orland Park, Ill.

August 1, 2014

8651 W. 159th Street

9 a.m. - 2 p.m.

### Morris, Ill.

August 4, 2014

212 W. Washington Street

9 a.m. - 2 p.m.

### Aurora, Ill.

August 5, 2014

750 Shoreline Drive

9 a.m. - 2 p.m.



### Kankakee, Ill.

August 6, 2014

Parking lot at the corner of Court and Schuyler

9 a.m. - 1 p.m.

### St. Charles, Ill.

August 12, 2014

311 N. Second Street

9 a.m. - 2 p.m.

### Orland Park, Ill.

August 15, 2014

8651 W. 159th Street

10 a.m. - 2 p.m.

### Minooka, Ill.

August 18, 2014

121 McEvilly Road

9 a.m. - 2 p.m.

### Hampshire, Ill.

August 22, 2014

995 S. State Street

9 a.m. - 2 p.m.

### Pontiac, Ill.

August 25, 2014

110 W. Water Street

9 a.m. - 2 p.m.

To schedule the Hines Mobile Medical Unit for a Veteran-focused event, contact Cris Mabrito, Hines Outreach Coordinator, at (708) 202-8387 ext. 20011 or email her at [cris.mabrito@va.gov](mailto:cris.mabrito@va.gov).

# DID YOU KNOW?

## Immunizations aren't just for kids!

You can help protect yourself and others against seasonal flu and other vaccine-preventable diseases by getting immunized. Consider your lifestyle and location when deciding whether to get vaccinated against hepatitis A and B. There is no vaccine yet for hepatitis C.

Vaccines are some of the safest medical products. But, like any other medical product, there may be risks. Talk to your health care provider about the value of vaccines and their side effects.

## Vaccines to consider

- **Influenza (flu):** People who are 6 months and older should get the flu vaccine (flu shot or nasal spray). Get the vaccine each year because flu virus can change from one year to the next.

- **Pneumococcal:** Older people and those with certain medical conditions are most susceptible to pneumonia. People under 65 will need a booster shot when they reach 65 if more than five years have passed since the initial dose. Learn about pneumococcal pneumonia and vaccines.

- **Hepatitis A:** Recommended for those who travel to other countries or live in a U.S. community with high rates of hepatitis A; or who have chronic liver disease, engage in male-to-male sex, or inject drugs. Learn more about the hepatitis A vaccine.

- **Hepatitis B:** More contagious than HIV, hepatitis B is the type of hepatitis most often spread through sexual contact. It can also be passed from an infected mother to newborn, the sharing of needles or personal items with an infected person, and other contact involving bodily fluids. The hepatitis B vaccine can prevent the disease.

- **Measles, mumps, rubella (MMR):** People born after 1956 and all women of childbearing age who have not had these diseases or been vaccinated against them need to get the shots to be protected.

- **Chickenpox (varicella):** Protection is necessary for those born in the U.S. after 1966 and have not had this disease and have not been vaccinated. Adults are at a far greater risk of complications.

- **Vaccines for international travelers:** Many Veterans and other Americans travel abroad and are likely exposed to diseases common in those countries.

August is National Immunization Month.



KEEP  
CALM  
AND

GET  
VACCINATED





#### "VLER" CONTINUED FROM PAGE 4

may also help reduce duplicate tests.

*How does health information exchange benefit our Veterans?*

VLER Health may increase care coordination for Veterans, aid VA health care givers in making informed decisions, improve Veteran care and health outcomes, stop duplicate tests, increase patient safety, give VA health care givers real-time access to more information, save time and money, and save lives.

*How can Veterans sign up for VLER Health?*

There are many ways Veterans can sign-up for VLER Health. Veterans can visit <https://www.ebenefits.va.gov> and click on ACCESS MY DOCUMENTS at the top of the page; scroll down to the Health section and click MANAGE MY AUTHORIZATIONS AND PREFERENCES (VLER). At the bottom of the page, click on SHARE YOUR ELECTRONIC HEALTH INFORMATION WITH NON-VA HEALTH CARE PROVIDERS. Highlighted on this page they will find the "VLER Authorization Form" (to share medical information). Print and complete the authorization form. Return it to Hines VA Hospital by fax, mail, or in person.

Veterans may also join by printing out and signing VA Form 10-0485 found on the VLER Health website at [www.va.gov/vler/vlerhealth.aspx](http://www.va.gov/vler/vlerhealth.aspx). This form can be turned-in to the Release of Information office or mailed to the following address: Edward Hines VA Medical Center, Attn: ROI Office, 5000 S. 5th Avenue (136D-1), Hines, IL 60141.

#### "SUNGLESSES" CONTINUED FROM PAGE 8

Most eye doctors recommend wraparound sunglasses for better protection. And while prescription sunglasses are better, standard off the rack sunglasses are okay if they provide full protection.

Dr. Forman says Veterans should look for sunglasses that absorb at least 90 percent of UV radiation.

"Look for the two categories of protection on the label — UV-A and UV-B."

Routine visits to your VA eye doctor will help determine your specific UV protection needs and new advances in sunglass wear.

# Hines CBOCs

Hines currently operates six Community Based Outpatient Clinics (CBOCs), which are local, outpatient primary care clinics, to make access to healthcare easier. The clinics offer a variety of services including women's healthcare, laboratory services, retinal imaging, pharmacy and nutrition consultations, home-based primary care, group health education and mental health services. Some locations offer specialty care to include audiology assessments and hearing aid repair, physical therapy and rehabilitation, as well as geriatric care.

#### Aurora CBOC

161 South Lincolnway  
North Aurora, IL 60542  
Phone: 630-859-2504

#### Elgin CBOC

450 W. Dundee Rd.  
Elgin, IL 60123  
Phone: 847-742-5920  
Fax: 847-742-6124

#### Joliet CBOC

1201 Eagle St  
Joliet, IL 60432  
Phone: 815-740-8100  
Fax: 815-740-8101

#### Kankakee CBOC

581 William Latham Drive, Suite 301  
Bourbonnais, IL 60914-2435  
Phone: 815-932-3823  
Fax: 815-932-3827

#### LaSalle CBOC

4461 N Progress Blvd  
Peru, IL 61354  
Phone: 815-223-9678  
Fax: 815-223-9683

#### Oak Lawn CBOC

10201 S. Cicero  
Oak Lawn, IL 60453  
Phone: 708-499-3675  
Fax: 708-499-3715

## Upcoming Events and Observances

### July 2014

| UV Safety Month                       |                                       | Eye Injury Prevention Month           |  |
|---------------------------------------|---------------------------------------|---------------------------------------|--|
| Herbal/Rx Interaction Awareness Month |                                       | Bioterrorism/Disaster Education Month |  |
| 1                                     | IRS Established (1862)                | 16                                    | First Atomic Bomb Tested (1945)            |
| 1                                     | Medicare Anniversary (1968)           | 21                                    | Veterans Administration Created (1930)     |
| 2                                     | U.S. Constitution Takes Effect (1788) | 21-27                                 | National Hospitality House Week            |
| 2                                     | Civil Rights Act (1964)               | 26                                    | Americans with Disabilities Act Day (1990) |
| 2                                     | Army Air Corps Established (1926)     | 26                                    | Department of Defense Created (1947)       |
| 4                                     | Independence Day                      | 27                                    | U.S. State Department Founded (1789)       |
| 6                                     | Air Force Cross Created (1960)        | 27                                    | Korean War Armistice (1953)                |
| 6-12                                  | National Therapeutic Recreation Week  | 28                                    | World War I Began (1914)                   |

### August 2014

| Neurosurgery Outreach Month             |   | Psoriasis Awareness Month |  |
|---|---|---------------------------|--|
| National Immunization Awareness Month   |   | MedicAlert Month          |  |
| Spinal Muscular Atrophy Awareness Month |   |                           |  |
| 1                                       | National Minority Donor Awareness Day   | 10-16                     | National Health Center Week                |
| 1                                       | World Wide Web Anniversary (1990)       | 12-17                     | National Veterans Wheelchair Games         |
| 3-9                                     | Assistance Dog Week                     | 14                        | Navajo Code Talkers Day                    |
| 4                                       | Coast Guard Day (1790)                  | 19                        | National Aviation Day                      |
| 6                                       | Atomic Bomb Dropped on Hiroshima (1945) | 22                        | Vietnam Conflict Began (1945)              |
| 7                                       | Purple Heart Day (1782)                 | 26                        | Women's Equality Day                       |
| 7                                       | U.S. War Department Established (1789)  | 28                        | March on Washington (1963)                 |
| 7                                       | Operation Desert Shield Began (1990)    | 29                        | Hurricane Katrina Struck Gulf Coast (2005) |
| 9                                       | Atomic Bomb Dropped on Nagasaki (1945)  |                           |  |

### September 2014

| National Hispanic Heritage Month |  | National Atrial Fibrillation Month           |   |
|----------------------------------|--|--|---|
| Cholesterol Education Month      |  | National Sickle Cell Disease Awareness Month |   |
| Pain Awareness Month             |  | Healthy Aging Month                          |   |
| 1                                | Labor Day                                  | 17   | Constitution Day                              |
| 1                                | World War II Began (1939)                  | 18   | U.S. Air Force Established (1947)             |
| 5                                | First Continental Congress Assembly (1774) | 19   | National POW/MIA Recognition Day              |
| 7-13                             | National Suicide Prevention Week           | 21   | World Alzheimer's Day                         |
| 7-13                             | National Assisted Living Week              | 21-27  | National Rehabilitation Awareness Celebration |
| 10                               | World Suicide Prevention Day               | 22   | Autumn Begins                                 |
| 11                               | Patriot Day                                | 27   | Family Health and Fitness Day                 |
| 17                               | Citizenship Day                            | 29   | Gold Star Mother's Day                        |





| DEPARTMENT                         | BUILDING | FLOOR/ROOM      |
|------------------------------------|----------|-----------------|
| Admissions                         | 200      | 1st Floor       |
| Audiology                          | 228      | 1112            |
| Auditorium                         | 9        | 1st Floor       |
| Blind Rehabilitation Center        | 113      | 1st Floor       |
| Cafeteria                          | 45       | 1st Floor       |
| Chapel                             | 200      | C101            |
| Compensated Work Therapy           | 13       | 3rd Floor       |
| Compensation and Pension           | 12       | 2nd Floor       |
| Credit Union                       | 1        | A133            |
| Dental Clinic                      | 200      | 12th Floor      |
| Diabetes Clinic                    | 200      | 4th Floor       |
| Dialysis Clinic                    | 200      | 6th Floor       |
| Emergency Department               | 200      | 1st Floor       |
| ENT Clinic                         | 228      | 1112            |
| Extended Care Center               | 217      | 1st Floor       |
| Eye Clinic                         | 200      | A153            |
| Eye Diagnostic Lab                 | 200      | C129            |
| GU Clinic                          | 200      | B020            |
| Geriatric Outpatient Clinic        | 217      | 1st Floor       |
| Human Resources                    | 17       | 1st Floor       |
| Imaging (CT Scan, MRI, Ultrasound) | 200      | C105            |
| Laboratory/Blood Draw              | 200      | D110            |
| Lost and Found                     | 200      | A126            |
| Mental Health Outpatient Clinics   | 228      | 1st - 4th Floor |
| Mental Health Outpatient Clinics   | 13       | All Floors      |
| Non-VA Medical Care                | 9        | 101             |
| Nuclear Medicine                   | 1        | G201            |
| OEF/OIF/OND Program                | 228      | 1029            |
| Optical Clinic                     | 228      | 1051            |
| Patient Advocate Office            | 228      | 1055            |
| Patient Education Resource Center  | 1        | G100            |
| Patient Financial Services         | 1        | E131            |
| Pharmacy                           | 200      | B128            |
| Post Office                        | 45       | Atrium          |
| Prosthetics                        | 228      | 5th Floor       |
| Radiation Therapy                  | 200      | Basement        |
| Rehabilitation Therapy Clinics     | 228      | Basement        |
| Reproduction                       | 1        | C126A           |
| Residential Care Facility          | 221      | 1st Floor       |
| Spinal Cord Injury/Disorder Clinic | 128      | 1st Floor       |
| Sub-specialty Outpatient Clinics   | 200      | 4th Floor       |
| Surgical Outpatient Clinics        | 200      | 5th Floor       |
| Voluntary Service                  | 9        | 1st Floor       |
| Women's Health Center              | 200      | 12th Floor      |
| X-ray                              | 200      | D101A           |